12. Sınıf İngilizce Psychology Çalışma Kâğıdı

WORKSHEET

12. Sınıf · Ünite 5: Psychology · Seviye B1–B2 · dersimizingilizce.com

Name: _____ Class: _____ Date: _____

A Vocabulary

Match the words with their Turkish meanings. *(Kelimeleri Türkçe anlamlarıyla eşleştirin.)*

1. anxiety	a) özgüven
2. phobia	b) başa çıkmak
3. self-confidence	c) motivasyon
4. motivation	d) kaygı
5. procrastinate	e) fobi
6. cope with	f) ertelemek (işi)

B Mind and behaviour

Complete the sentences with the words in the box. *(Cümleleri kutudaki kelimelerle tamamlayın.)*

afraid • cope • tend • avoid • concentrate • confident

1. Many people are _____ of speaking in public.
2. Exercise helps us _____ with stress.
3. Teenagers _____ to sleep later than adults.
4. I find it hard to _____ when my phone is near me.
5. She feels more _____ after she practises her presentation.
6. Some people _____ making decisions because they fear failure.

C Language in use

Choose the correct option. *(Doğru seçeneği işaretleyin.)*

1. ____ feeling nervous, he gave an excellent speech.

   a) Although b) However c) Even d) Despite

2. ____ she was tired, she kept studying.

   a) Although b) Despite c) In spite d) However

3. People who procrastinate often put ____ important tasks until the last minute.

   a) up b) away c) off d) on

4. Research suggests that ____ thanks every day can make people happier.

   a) give b) to giving c) gave d) giving

D Why do we procrastinate?

Read the text. Are the sentences true or false? *(Metni okuyun. Cümleler doğru mu, yanlış mı?)*

> Most of us have delayed an important task at some point, even when we knew it would cause problems later. Psychologists say procrastination is not simply a matter of laziness or poor time management. Instead, it is often about emotions: we avoid tasks that make us feel bored, anxious or insecure. Scrolling through social media gives us a quick sense of relief, but the stress returns later, often stronger. One effective strategy is the “two-minute rule”: if a task takes less than two minutes, do it immediately; if it is bigger, just start it for two minutes. Often, starting is the hardest part.

1. According to psychologists, procrastination is only caused by laziness. ( )
2. We often avoid tasks that make us anxious. ( )
3. Social media relieves our stress permanently. ( )
4. The two-minute rule suggests starting a big task for two minutes. ( )
5. The writer says finishing is the hardest part. ( )

E YDT Practice

Choose the best option for each question. *(YDT tarzı sorular: her soru için en uygun seçeneği işaretleyin.)*

1. Although fear is often seen as a negative emotion, ____.

   a) it can make our hearts beat faster
   b) some phobias are very common
   c) it is felt by people of all ages
   d) it actually protects us from danger in many situations
   e) many people are afraid of spiders

2. People who get enough sleep are better able to control their emotions, ____ those who are sleep-deprived react more strongly to stress.

   a) as if
   b) unless
   c) whereas
   d) so that
   e) because

3. Which sentence is irrelevant in the paragraph? (I) Smiling can actually improve our mood, even when we don’t feel happy. (II) When we smile, the brain receives signals that we are in a positive situation. (III) As a result, it releases chemicals that reduce stress. (IV) Dentists recommend brushing our teeth at least twice a day. (V) This is why some therapists encourage their clients to smile more often.

   a) I
   b) II
   c) III
   d) IV
   e) V

F Coping with exam stress

Write your answer. *(Cevabınızı yazın. Örnek cevap, cevap anahtarındadır.)*

1. How do you cope with stress before exams? Describe your strategies and give advice to other students. (100–120 words)